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ABSTRACT OF THE DISCLOSURE

[0018] A device for exercising when partially submerged in water. The device includes a dumbbell shaped floatation member for providing boyant resistance once submerged underwater. This dumbbell shaped member can accept extensions on either end thereof. A second dumbbell member and a second pair of extensions is provided. A third component of the boyancy system is a boyancy member that would threadably engage both dumbbell shaped members to provide for a barbell shaped device for submerging underwater and providing boyant resistance for the user to work against. The pairs of extension may be threadably engaged either end of the barbell member.

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